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Healthy Can Be  
**SIMPLE**



# DISCOVER

TESTED, AFFORDABLE AND EFFECTIVE OPTIONS!

Essential oils are extracted from different parts of the plant and are significantly more powerful than herbs.



Essential oils have provided simple and powerful solutions throughout history.



15 ml Bottle = 1 kg Peppermint leaves

## EXPERIENCE dōTERRA'S CPTG CERTIFIED PURE TESTED GRADE™ QUALITY

### POTENT



Grown and harvested in ideal region

### TESTED



Free of fillers or foreign contaminants

### PURE



Rigorous testing to ensure purity

There are many ways to use dōTERRA essential oils. Whether it's as a flavourful ingredient in your favourite sweet or savoury dish, as a support around the home, or an addition to your daily facial and skin care routine, you'll find the perfect use for each oil!



# ENJOY SIMPLE SUPPORT

The ZenGest™ Supportive Blend is a unique blend combining Ginger, Peppermint, Caraway, Coriander, Anise, Tarragon and Fennel essential oils.



See individual labels for ingredients, cautions and instructions for use.

## ENERGY AND VITALITY

Developed by dōTERRA clinical and medical scientists, the MetaPWR™ blend is formulated with specific balanced ratios of CPTG™ Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils.

*"MetaPWR™ is a powerful support that boosts healthy lifestyle choices and we bring it to you with formulations, methods and research that've never been done before. This is the cutting-edge, groundbreaking science that's sets dōTERRA apart in our industry."*

— Dr. Nicole Stevens  
Director of Clinical Research





# SIMPLE WELLNESS

## EXERCISE

Deep Blue™ Soothing Blend brings together eight essential oils known to comfort and cool joints and muscles.

*"Deep Blue is my best friend. I use Deep Blue in massage to help with recovery after workouts."*

— Tim Hightower  
Professional American Football Player





## SIMPLE SLEEP

dōTERRA Serenity™ is a peaceful blend of essential oils that promotes tranquility and relaxation.





## SELF CARE

*"As a mother to seven spirited children, it's easy to feel depleted. At the end of a long day, I put a few drops of AromaTouch™ oil on my neck and shoulders to relax before bed (some call it a massage in a bottle). With dōTERRA, my self-care is simple and effective, so I can take care of myself as well as my family."*

— Natalie Goddard



AromaTouch™ can be applied topically to promote feelings of relaxation and calm.





*"On Guard™ oil is a mum's best friend! I keep a little shot glass near our kitchen sink as a reminder to gargle and swallow a drop of On Guard oil each day."*

— Natalie Rigby

## ENERGISING AND UPLIFTING

One of dōTERRA's most popular blends, On Guard™ is a must-have because of its incredible benefits. It possesses an energising and uplifting aroma and adds a warm citrusy spice to hot drinks and desserts.





# SIMPLE

## SUPPORT AROUND THE HOME

*"No more reading labels at the grocery store! I love dōTERRA's plant-based On Guard™ cleaning products. They are super effective!"*

— Betty Torres





## SIMPLE FOCUS

*"As a professional in the mental health field, I have seen the InTune™ oil blend help so many children sustain a sense of focus at school. As a doctoral student myself, I apply this oil every time I sit down to do homework and it brings a sense of clarity to help me get my assignments done."*

— Danielle Daniel



InTune™ can be applied topically to enhance a sense of focus.

## RELAX AND UNWIND

*"PastTense™ is one of the oils I cannot leave home without! I find that if there is a day that I don't need to use it, I am either with someone, or I meet someone who REALLY needs it. So I am always prepared!"*

— Zia Nix



PastTense™ promotes grounding and balanced emotions.



## EVERYDAY SUPPORT

*"Designed to be the perfect complement to a balanced, whole food diet, the dōTERRA Lifelong Vitality Pack™ is a product that everybody should be familiar with."*

— Dr. Damian Rodriguez, DHSc, MS



dōTERRA Lifelong Vitality Pack™ is a trio of power-packed supplements – essential oil-infused vitamins, minerals, omegas – that provide a vitality-promoting foundation.

Frankincense, often called 'the king of oils', is one of the essential oils every home needs because of its variety of beneficial uses.



**FEEL  
GREAT!**





# SIMPLE SUPPORT

## WOMEN

Designed specifically for women, ClaryCalm™ helps balance mood and soothe heightened emotions throughout the month.





## BALANCE EMOTIONS

Life has all types of unexpected changes and challenges. dōTERRA Adaptiv™ is specially formulated to help you adapt to these changes with grace and confidence. First day at a new job? Big test coming up? Looking for a more positive outlook? dōTERRA Adaptiv can help.



## SEASONAL SUPPORT

*"I love spring flowers and beautiful weather, but seasonal changes often leave me feeling less than ideal. That's why I like to follow this routine to give me the support I need: a dōTERRA TriEase™ Softgel in the morning, a little dōTERRA Air™ under my nose throughout the day, and using Eucalyptus at night."*

— Christa Dietzen  
USA Olympic Women's Volleyball Team Captain



## OUTDOOR RELIEF

Help your family get the most out of their outdoor adventures by ensuring they are prepared with the TerraShield™ Outdoor Blend. dōTERRA Purify™ is the ideal blend to keep in your hiking backpack for soothing bug bites or skin irritations.

ENJOY THE GREAT  
OUTDOORS!





# TRAVEL



*"We don't travel without Peppermint, On Guard™ and ZenGest™. Travel is more fun now with our oils."*

— Matthew Anderson

Peppermint can give a refreshing boost during long days of travelling.



# FUN IN THE SUN

*Every dōTERRA sun product is vegan-friendly, reef-safe, and free of synthetic ingredients—including phthalates, oxybenzone and synthetic fragrances.*





## INVIGORATING SUPPORT

Wild Orange oil can be helpful and invigorating while studying or doing tedious tasks. Try using Wild Orange throughout the day during periods of low energy for a quick boost. Or use Peppermint Touch topically for an afternoon pick-me-up.



# IMAGINE YOUR LIFE EMPOWERED

There are so many possibilities available to you by using dōTERRA solutions. With dōTERRA, supporting a healthy and balanced lifestyle is simple.



Connect with the person who gave you this guide to learn more.

# EXPERIENCE

dōTERRA ESSENTIAL OILS

Essential Oil: \_\_\_\_\_

Supports: \_\_\_\_\_

How To Use: \_\_\_\_\_

Essential Oil: \_\_\_\_\_

Supports: \_\_\_\_\_

How To Use: \_\_\_\_\_

NOTE: Dilute for sensitivity. Don't use in eyes or ears.

I'M HERE TO SUPPORT YOUR

## SIMPLE HEALTH

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Website: \_\_\_\_\_

Email: \_\_\_\_\_



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